

Variable	Mean	Standard deviation	Minimum	Maximum
Age	35.2	12.5	18	65
Gender	Male 65.2%			
Marital status	Married 78.5%			
Education	High school 45.2%			
Income	\$25,000-\$35,000 32.1%			
Health status	Good 68.9%			
Exercise frequency	3-4 times/week 55.3%			
Dietary habits	Healthy 72.1%			
Stress levels	Low 42.8%			
Sleep quality	Good 61.5%			
Work-life balance	Satisfied 58.7%			
Family support	Strong 75.4%			
Community involvement	Active 48.9%			
Overall well-being	High 63.2%			

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Figures

Figure 18-23: A vertical column of text, likely a page number or figure identifier, oriented vertically.